

Testimony Before The Appropriations Committee
February 24th 2022
DMHAS Budget Hearing
HB 5037 AAC the State Budget for the Biennium Ending June 30th, 2023
Barbara Albert

Good afternoon members of the Appropriations Committee, also to everyone else.

My name is Barbara Albert, Hartford Renter, Registered Voter in Hartford CT. I am an Human Rights Advocate and Activist with [Keep The Promise Coalition](#), [Expand Services To Save Lives Coalition](#), and still am a Peace Activist. I'm on Medicare, Medicaid, and Social Security Disability. I used to volunteer as often as my illnesses would allow. I have Multiple Medical Challenges, still includes exacerbated Neurological and Psychiatric challenges from having COVID. I already have undiagnosed Learning Disabilities, as well as Sensory Processing Disorders, (not yet in the Diagnostic Manual, as they need) PTSD, and several decades of trauma.

This is my testimony concerning the DMHAS Budget. I respectfully ask that there be Expanded Services to Save Lives. Expanding services to make sure, NO HUMAN BEING GETS LEFT OUT!

Understand that there's surplus in the Budget. From money for the Global Pandemic. That it's temporary... What then? Human Beings need help now, HAVE been needing!

I've been requesting extra help for over a year. "Rejections, no call backs, etc... It's like I have the worst case of 'cooties', (that's not contagious, because cooties, are, not, real)

With the exception of CLRP, Thankfully I've been able to receive legal help and support. And least I have a "roof" over my head, and some other legal issues. Please fund CLRP with more funding. More Human Beings are in need.

As for the 'mental health' part of DMHAS... no help for me. "Lived experience" I am a Human Being in decompensation. I qualify for help. I will not continue to be revictimized. No time to waste, My illness telling me that there are not anymore 'asking for help' left in me.

I don't recommend Isolation and Major Depression. I've been constantly overwhelmed, crying, shut down, primal screaming, frustrated, angry, scared... "all alone with my trauma..." I've been having exacerbated neurological symptoms, my speech is back in 'little kidom' and skill doing breathing exercises. Have illnesses that tell me that I don't deserve.

Sadly, I'm not alone.

Am not non-compliant. Don't have 'warm fuzzies' for any history that has history of, and is still not helpful/supportive. It's been over twenty years of 'lived' experience. I still believe there's no justification for making access to Basic Human Needs, more challenging especially to those of us who are in need the most.

Being treated like a 'social pariah', socially and economically, persona non-grata... Where's being treated humanely? No matter what kind of 'wrapper we come in'? or age we are? Or how much \$ we have or not? Am familiar with society's merciless, judgmental ignorance, and non-empathetic messages concerning those of us with Brain Health Challenges.

Am a human being, no better than, no worse than anyone else. Adapting, adjusting, and/or failing to, and at times stumbling on to whatever next might be. Everyone is eligible to become ill, and or Elderly, just like every human being on this planet. Usually, I find thins to do, however, constantly isolated, not really anyone to talk with, for me often becomes paralyzing useless nothingness. I do not feel hope.

Again, I'm respectfully requesting, [Expanding Services to Save Lives For All Human Beings](#), that there be No One, Left out... Now or Ever!!! **Healing Needs to be ALL Inclusive, Appropriate, Qualified Help and Healing For All.**

Thank you for listening.

Respectfully,

Barbara Albert, Human Being